

Rainbow Salad

Monroe Public Schools

Recipe Category: Salad

Ingredients	18 Servings		Servings		Directions / HACCP
	Weight	Measure	Weight	Measure	
Cabbage, purple, shredded		1 cup			Cut apples into matchsticks, cover with 2 ounces of lemon juice.
Cabbage, green, shredded		1 cup			
Carrots, shredded		1 cup			Toss vegetables together. Drain lemon juice from apples and add apples to vegetable mixture.
Beets, red, shredded		1 cup			
Beets, yellow, shredded		1 cup			Toss vegetables and apples with lemon-honey dressing.
Greens, Kale or other		8 cups			
Apples, red		2 each 3 1/4 diameter			
Lemon-Honey Dressing		18 servings			CCP: Hold at 41 degrees F or lower for cold service.

Serving (portion size)	Yield per # of Servings	Volume per # of Servings
1/2 cup		

Meal Pattern Contribution		
Meat/Meat Alternate	Grains	Vegetable / Vegetable Sub group
0	0	1/2 cup/1/8 cup dark green & 3/8 cup additional vegetable
		Fruits
		0

Nutrient Analysis (optional)	
Calories: 171	Saturated Fat: 1.9 grams
	Sodium: 85.78 mg

Lemon-Honey Dressing

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Recipe Category: Dressing/Sauce for Salad

Ingredients	18 Servings		Servings		Directions / HACCP
	Weight	Measure	Weight	Measure	
Olive Oil, extra virgin		¾ cup			Whisk all ingredients together.
Lemon Juice		6 Tbsp.			
Honey		2 Tbsp.			
Pepper, black		1 dash			
Salt		1/8 tsp			
CCP: Hold at 41 degrees F or lower for cold service.					

Serving (portion size)	Yield per # of Servings	Volume per # of Servings
1 Tablespoon		

Meal Pattern Contribution		
Meat/Meat Alternate	Grains	Vegetable / Vegetable Sub group
0	0	Fruits
		0

Nutrient Analysis (optional)	
Calories: 88	Saturated Fat: 1.24 grams
	Sodium: 27.16 mg